

Athens Runners

Kate Cooley

Central
MAINE
Striders

Interval

The summer before my family moved to Athens, PBS ran a series called 16 Days of Glory documenting the 1984 Summer Olympics in Los Angeles. My mother taped them for us, and every morning my brother, sister, and I would watch an event before breakfast. I learned the story of Joan Benoit. Distance running seemed like something grown-ups did... until I started school in Athens. I started fifth grade and I'd see the junior high kids getting ready to run as I got on the bus. My teacher

Miss Emerson was a first year teacher and helped coach cross country. She encouraged us fifth graders to come to practice and run in the closer races. Eddie Ellis coached the junior high team. Madison Junior High was coached by Bob Hagopian, and Athens and Madison would combine for meets. We competed in the Central Maine League and the Sandy Andy League (similar to the Mountain Valley Conference that Madison High School competes in). Runners would go on to run for

Coach Hagopian in high school. Athens Elementary School is K-8, with one class per grade, and small town pride in every endeavor. When it comes to our Athens runners, they continue to inspire long after their short time at AES. While I was at Athens, there were the big guns of Vassar Brooks, Alexej Siren, and Shanon Post and my brother Brady was just starting to run. Soren Siren was at the high school setting the mile record. People started to notice the runners from Athens, not

News from the Editor– Linda Benn

As I said last month I will not be the newsletter after December 31st. I have been doing newsletter since 1992 and I think its time for some else to be doing it. I'm sure there will

be some changes. Thank you to Alicia for doing the newsletter this month for me. Also thank you to Kate for ding the front page. I will need someone to do the front page next

month. I will let you know next where will need to send your renewals. And the renewal form will be in next also.

Inside this issue:

Athens Runners-Kate Cooley	2
Jim Moore's resignation	2
Financial Report	3
Congatulations to Central Maine Winners	3
Strider Minutes	4

Inside this issue:

Results	5-6
Calendars	7
Strider Birthdays	8

only for their success, but for their pour their heart out style. Practices were held on the dirt road down from the school and sometimes included loops in the cemetery. Anywhere you go, you have to face a hill. Coach Hagopian would eventually start scheduling a pre-season hill and distance workout in Athens to show the Madison kids what we ran on every day. Living with my brother, I knew he was different. Over his bed, he'd stuck his goals and a map of his running routes in Athens. He trained and raced with a passion. Eventually, he went on to be the 1997 state cross country champion, set school and conference records in track, and went on to run at Mankato State in Minnesota. His records would become motivation for Matt McClintock in years to come. Brady's senior year, he shared state championship honors with another Athens runner. Caitlin Malloy was a sophomore at the time and continued running success at Brandeis, in Italy, and now in the New Balance Boston run-

ning club. She also coaches running at Tufts. She may not have been from Athens, but Julie Lagin-Nasse from Starks represented the small towns while running for Madison during that same timeframe. Tammy Moulton started coaching the Athens team about 15 years ago, and along came Matt. From the start, Matt would tell people that he was going to break Brady's records. The favorite quote the coaches still like to share is "That little fella with glasses sure can run". After setting numerous records in high school and gaining national attention, Matt has gone on to run at Purdue University. He holds the Indoor 3K (8:03), Indoor 5K (13:53), Outdoor 5K (14:01), and is now 7th on the Maine all-time 5K list. He continues to amaze us in his success that stretches far beyond this country, and still returns to Athens to run the hills and be cheered on by the community. Tammy has become quite the runner herself, along with her daughter Kassie Dwyer who also helps

coach. Tammy's other daughter Krysta was also a good runner and record setting race walker. Krysta was one of the several runners that Tammy remembers having been injured or sick during a race, but finished for the team score. The Athens pride is even stronger now that the school has withdrawn from the Madison district. Tammy designs a schedule based on local 5Ks and any junior high meets she can enter the team in. Along with Kassie, Mrs. Perkins, formerly Miss Emerson, also helps coach with her daughter on the team. There is a boy named Jack Babin that has been finishing at the front of the pack. He lives about half-way between where Brady and Matt grew up, so it seems only fitting that he would be following in their footsteps. Athens students now have the choice of where to go to high school, so the handing of records from one generation to the next, and seeing the names of Brady, Matt, and Caitlin as school record holders may not be experienced by runners that choose outside of Madison, but the tradition will continue. Athens runners continue to show that at any age, you

From: James E. Moore Jr
6 Forest Park
Waterville, ME 04901
September 2, 2014

To: Central Maine Striders President, Vice President, Secretary and Board of Directors:

I am hereby submitting my resignation as Treasurer of the Central Maine Striders to be effective December 31, 2014.

I have enjoyed being Treasurer since January 1995 but I think it is time to train another person with new ideas to help the Central Maine Striders to continue to grow.

Thank you,

Central Maine Striders Financial Report September and October 2014

		AUGUST	SEPTEMBER	
<i>BALANCE FORWARDED</i>		<u>\$1,461.35</u>		<u>\$1,405.50</u>
<u>REVENUE</u>				
DUES	0.00		170.00	
<i>TOTAL REVENUE</i>		<u>\$0.00</u>		<u>\$170.00</u>
<u>EXPENSES</u>				
INTERNET	15.00		15.00	
POSTAGE	19.60		19.60	
PRINTING	21.25		22.05	
<i>TOTAL EXPENSES</i>		<u>\$55.85</u>	<u>\$56.65</u>	
<i>NEW BALANCE</i>		<u>\$1,405.50</u>		<u>\$1,518.85</u>

Congratulations, Central Maine Trail Challenge Winners

Congratulations to Barry Hopkins and Rosalea Kimball, the overall male and female winners of the 2014 Central Maine Trail Challenge.

This summer the Quarry Road Summer Race Series and Bond Brook Trail Run Series joined forces to crown combined winners of both race series. Barry and Rosalea had the lowest cumulative times over three Quarry Road Summer Races (one 3K, 5K, and 8K race) and three Bond Brook 5K races.

Rosalea also was the overall female winner of the Quarry Road Summer Race Series and Barry placed seventh overall at Quarry Road.

As the Central Maine Trail Challenge winners, Barry and Rosalea each received a trail running prize package including:

Pair of running shoes from the Rail Trail Run Shop

2014 Bond Brook Tread Fest entry

2015 Summer Race Series Entry (Full Series)

1 pair Quarry Road custom socks

2014 Summer Race Series T-shirt

Congratulations, Barry and Rosalea! Thanks to everyone who raced this summer at Quarry Road and Bond Brook.

Central Maine Striders
Tuesday, November 7, 2014 at 6:00pm
Alfond Youth Center Boardroom

Attending: Alicia MacLeay, Barry Hopkins, Kevin Leavitt, Jim Moore, Lana H.(?), Brendan Gilpatrick, Patrick Guerette

Agenda Items:

Officers Stepping Down

Treasurer

Jim Moore is resigning 1/1/15

Currently looking to fill this position, Jim would like to train this person prior to 1/1/15

If interested or to nominate someone, please contact Patrick Guerette.

Vice President

TJ Wheeler/ Sara Kozar resigned 10/7/14

Currently looking to fill this position

VP will primarily focus on planning 2 club events (Spring BBQ & End of Year Banquet)

If interested or to nominate someone, please contact Patrick Guerette.

Newsletter Editor

Linda Benn is stepping down 1/1/15

Will be combined with webmaster role and made "communications officer".

Newsletter Content Discussion

Content suggestions for future newsletters

Training tips & advice / Q& A section

Member spotlight / runner of the month

Local running route / trail reviews (AKA – cool places to run)

Running friendly recipes / nutrition tips

Tread Fest – Oct. 19th, still looking for volunteers

Winter Marathon Training Group

Patrick will coordinate with interested parties to try to develop a winter training group with focus of running a spring marathon/half-marathon

Other winter training groups

Liberal Cup run group 6pm Tuesdays

Singlet Design

Singlets are at printers, briefly discussed design.

1975 – 2015 (Striders 40 years)

Request old pictures from established striders.

Hold events to bring past striders back and meet newer members (Spring BBQ)

Next Meeting: November 4th, 2014 – 6pm @ Alfond Youth Center

Race Calendar 2014

Visit www.centralmainestriders.com for our calendar of upcoming Maine races, additional race info, and to submit your own race. All race dates, times, locations, and info subject to change. Please contact race directors to confirm race details.

October

18—Blue Light 5K Trail Run (Colby College, Waterville)

Trail run through Colby's arboretum during Family Homecoming Weekend. Open to all.

<http://alumni.colby.edu/fhw5k>

19—Bond Brook Tread Fest 5K & 5M (Bond Brook, Augusta)

5K, 5-mile, and Dirt Duathlon races. 5-mile race is USATF Maine Trail Championship. <http://treadfest.org/>

Big Brad Ultras 50K and 50M (Bradbury Mountain State Park, Pownal)

<http://trailmonsterrunning.com/bigbradultras>

Mount Desert Island Marathon & Half Marathon (Bar Harbor)/<http://www.mdimarathon.org>

Lost Valley 5K (Auburn)/<http://baxteroutdoors.com/eventpage9.html>

PTA 5K Trail Run (Pine Tree Academy, Freeport)/<http://pta5ktrailrun.weebly.com/>

26—Freaky 5K (Colby College, Waterville) <https://g2racereg.webconnex.com/freaky5k2014>

Presented by Hardy Girls Healthy Women. Costumed 5K run/walk with kids' costume contest and fun run, adult and team costume contest.

GPCT Wildlands Trail Run 6.3M (Great Pond Mountain Wildlands, Orland)

Presented by Great Pond Conservation Trust. <http://greatpondtrust.org/2014/08/downeast-double-trouble-trail-race-challenge/>

November

1—Save Your Breath 5K (Union Street YMCA, Augusta)/Presented by Free ME from Lung Cancer.

<https://runsignup.com/Race/ME/Augusta/SaveYourBreathAugusta>

2- Paintball Run Biathlon (Quarry Rd, Waterville), <https://www.skireg.com/cmsc-5k-trail-run-and-paintball-run-biathlon>

Presented by Central Maine Ski Club. Three distances for various age groups (1.5K for under 10 yrs old, 3K for ages 10-14, 5K for ages 14 and older).

Sugar Rush 5K (Hallowell), Presented by Hall-Dale PTO.

<https://www.runreg.com/sugar-rush-5k>

FBC Autumn Trail Race (Sullivan)

Presented by Frenchman Bay Conservancy.

<http://www.getevent.com/races/event/45434/DownEast-Double-Trouble-Trail-Race-Challenge-Orland-ME>

8- Capital City Veterans Day 5K (Cony High School, Augusta)

Presented by Cony All Sports Boosters. Free kids fun run. <https://www.runreg.com/5236>

9- Veterans Day 4 Miler (Ellsworth), Presented by James Russell Wiggins Down East Family YMCA.

<http://defymca.org/news/2014-road-race-schedule/>

22- Gaspig Gobbler (Lovell), Presented by Lovell Recreation Department.

<https://www.runreg.com/9th-annual-gaspig-gobbler>

23- Maine Track Club Turkey Trot 5K (Cape Elizabeth Middle School), 46th annual race.

<http://mainetrackclub.com/wp/event/maine-track-club-turkey-trot-5k-3/>

27- Gaspig Gobbler 5K (Cony High School, Augusta), Presented by Cony All Sports Boosters.

<https://www.runreg.com/gaspig-gobbler-5k-road-race>

CONGRATULATIONS TO THE FOLLOWING STRIDERS ON THEIR RACE PERFORMANCES

Rise 'N Shine 5K

(Augusta, September 26, 2014)

Kirby Reardon (22:10.5)

David Benn (27:52.5)

Dianne Heino (28:21.6)

Peter Bastow (28:59.0)

Jim Moore (32:51.7)

Keith Curtis (35:13.5)

Elizabeth Bridger (40:25.1)

Helen Amazeen (41:21.4)

October 2014

Sun Mon Tue Wed Thu Fri Sat

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12	13	14	15	16	17	18
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26	27	28	29	30	31	

November 2014

Sun Mon Tue Wed Thu Fri Sat

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
31						

CENTRAL MAINE STRIDERS

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We Share the Roads

Our Website
centralmainestridders.com



Striders

October 16—November 15

October	20	Patrick Cote	October	27	Nancy Ludewig
October	20	Amy Ives	October	28	Jeffrey Preble
October	23	Doug Ludewig	October	31	Elizabeth Scott
October	24	Michael Brown	November	03	Molly Kozar
October	25	Mary Shaw	November	09	Troy Scott
October	27	Dorothy Ives	November	10	Tjay Wheeler
October	27	Bethany Ives	November	12	Mark Jose
October	27	Rae Pierce			